

# Mirror Box Therapy

## Environment

You should complete the activity in as quiet an environment as possible, to enable concentration.

## Positioning

In your home – you should sit alongside a mirror so that your affected side is in front of the mirror and your unaffected hand is behind it (you should be unable to see your unaffected hand). You should be able to see the reflection comfortably.

## Equipment

In the department - the 3-sided box with a mirror positioned along one side is used.

In your home – if possible you are encouraged to replicate the department box, alternatively you can sit alongside a mirror.

## Preparation

If any item, such as watch or ring is present, this should be removed. (The presence of these enables the left and right to be identified).

You should watch the **mirror reflection of your unaffected hand** and will need to concentrate on this, while you complete gentle movements.

## Activity

You sit with your hand in the mirror-box (as above), or side on to a mirror. You complete movements, as identified below, with your unaffected hand and you observe the reflection. If possible you should also complete movement with their affected hand (hidden behind the mirror). Each movement is completed for 2-3 minutes. This continues until 3 different movements have been completed.

The movements are determined by the therapist depending patient need, from the following table:

Table of suggested movements completed

Area	Recommend	• Movement
Forearm		<ul style="list-style-type: none"><li>• Palm up – palm down</li></ul>
Wrist		<ul style="list-style-type: none"><li>• Bend forwards – backwards</li><li>• Moving hand side-to-side ('royal wave')</li></ul>
Digits		<ul style="list-style-type: none"><li>• Make into full fist</li><li>• Bending just at main knuckles with fingers straight</li><li>• Bending just the joints of the fingers ('hook fist')</li></ul>
Thumb		<ul style="list-style-type: none"><li>• Bending the thumb across the palm</li><li>• Touch tip of thumb to each finger in turn</li><li>• Pull thumb up to ceiling ('thumb a lift') and pull into side of index finger</li><li>• With hand resting on little finger side, pull thumb out (away from Palm) and pull into palm</li></ul>
Hand		<ul style="list-style-type: none"><li>• Using two identical sponges (or sponge balls), squeezing in hand, hold for count of 3 and relax</li></ul>

## Frequency

Encouraged to complete as often as possible, a recommended 4+ times a day.

**Please contact your therapist if you have any queries or concerns.**

**Therapist:** \_\_\_\_\_

**Phone: (07) 3646 7100**